

DDA SUBJECT FILE COPY

185-3593

## ROUTING AND RECORD SHEET

SUBJECT: (Optional)

STAT

EXTENSION

NO.

STAT

D/OTE  
1026 CofC

DATE

21 October 1985

TO: (Officer designation, room number, and building)

DATE

RECEIVED

FORWARDED

OFFICER'S INITIALS

COMMENTS (Number each comment to show from whom to whom. Draw a line across column after each comment.)

1. DDA  
Evo/ 7D24, Hqs.

22 OCT 1985

Edu

Harry.

2. AODA

22 OCT 1985

J

Fyi. You may want to send this up. We trained the State people doing the training.

3. DDA

22 OCT 1985

D

STAT

5. EXDIR

5/7 - 3

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7. DDC1

This is the [redacted] course that is a best seller. We have trained some NSA instructors as well as State. They are both using our course without modification. The cables and notes from the field give [redacted] & his crew some notices.

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14.

15.

# State

The Newsletter

United States Department of State

October 1985



***At Post: Lessons in Self-Defense***

# Terrorism

## Security teams are visiting posts, teaching self-protection

'Blend into the crowd,' employees are advised

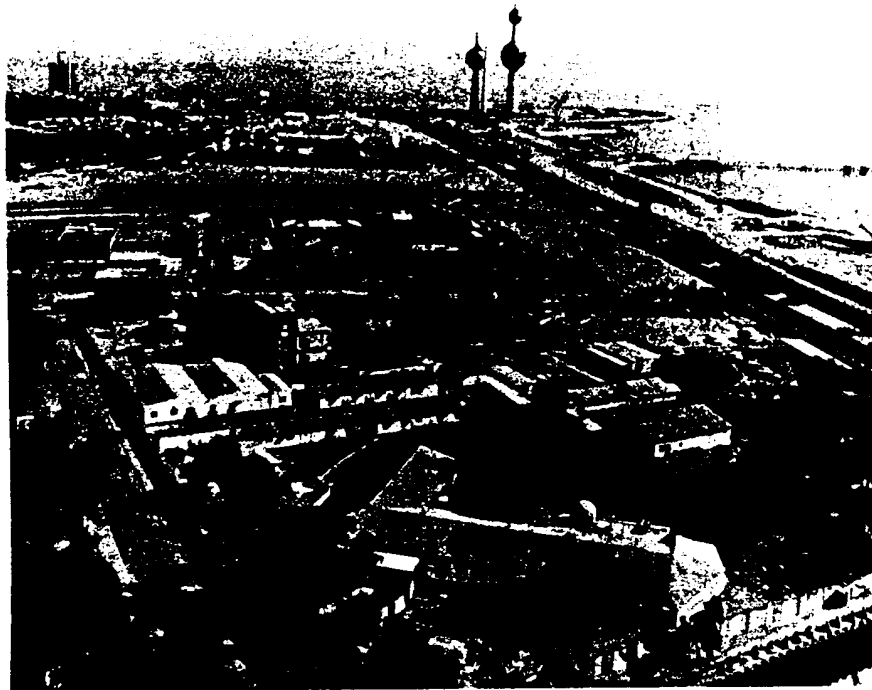
**Y**OU'RE A Foreign Service employee overseas, walking toward your home from the post, when a stranger grabs you and starts dragging you toward a vehicle—could you get away?

*Or try this:* A gunman holding hostages on a plane has already shot and killed one person and is now leading you to the door, with a gun to your head—could you or should you resist?

*Or this:* You approach your car and see scraps of wire on the ground, fingermarks on the door and an unfamiliar object on the floor inside—what should you do?

These questions were posed recently to employees and their families at Embassy Kuwait, who now might have a better chance of reacting effectively in such circumstances, and perhaps be less likely to become targets for criminals and terrorists. They re-

The embassy compound (foreground), Kuwaiti water towers are in background.



Community liaison officer Marilyn Parkin blocks a blow from instructor Dave Haag. (Photos by Donna Gigliotti)



Instructor Dave Haag, right, leads the class in a hammer fist strike. At left is Ambassador Anthony Quainton. Behind him are Ernie

Parkin and Marilyn Parkin. At far right is Jean Prowant. Sam Watson is at center rear.

TERRORISM

Consular officer *Ernie Parkin*, right, practices blocking a blow from instructor *John Todd*.

Ambassador *Anthony Quainton* practices warding off blow with a briefcase. At right is instructor *Dave Haag*.



*Athena Blue* breaks away from the grip of instructor *John Todd*.



Demonstrating how to disarm an attacker are *Dave Haag*, left, and *Pat McCreary*. In background are consular officer *Ernie Parkin*, community liaison officer *Marilyn Parkin* and *Iris Correa*, far left.

ceived at-post training during a visit from one of the Office of Security's new three-man mobile training teams.

Established in response to the growing security concerns overseas, these teams are traveling to posts to teach skills that include self-defense, the use of firearms, defensive driving,

searching vehicles for bombs, detecting and avoiding surveillance and then, if all else fails, how to enhance your chances of surviving as a hostage.

**Participating posts**

The embassy in Kuwait, where a truck bomb exploded in 1983 and killed

three Foreign Service national employees, was among the first posts to welcome one of the three teams now in operation. Other posts scheduled for visits include Amman, Khartoum, Bogota, N'Djamena, Islamabad, Guatemala, Abu Dhabi, La Paz, Tegucigalpa, Tel Aviv, Manila, Lima and San Salvador.

"It was very helpful," said secretary Karleen Walters, referring to the course called Personal Protection that covers self-defense techniques to use with criminals and terrorists. "It was the closest I've come to feeling the reality of something like a hostage event happening to me. You hear about those things, you see them, you read about them, but to actually have someone put his arm around your neck and hold a gun to your head, or wave a gun at you and say: 'Hey, get over here'—this really brings it home to you."

#### Instructors are 'armed'

And that's part of what team members and instructors John Todd, Dave Haag and Pat McCreary did during the course. Using unloaded guns, they enacted several terrorist scenarios and gave employees tips on how they should behave to enhance their chances of survival and make themselves less appealing targets.

The most important thing that Ms. Walters learned was how to behave if she's ever in a hostage situation. "Before the course, I might have thought the terrorists would take pity if I cried," she said. "And I may have been inclined to just look straight at them. But now I know to try not to cry, to keep my eyes down and avoid eye contact, and to stay calm and not make myself conspicuous."

"Blend into the crowd—don't do anything to draw attention to yourself," explained team member Haag, who taught most of the course. "Don't make eye contact with the terrorists even if they're talking to you. And if a rescue squad comes in, get down on the ground. Don't pick up weapons and try to use them, because the rescue team might mistake you for a terrorist."

#### 'Hammer fist strike'

Defense against street crime was the most valuable section so far as Jean Prowant, a personnel assistant, was concerned. "I've never come out of a class with more confidence in myself," she said, after learning and practicing moves called the hammer fist strike, Roman salute, rear elbow strike and front snap kick.

"U.S. diplomats can be targets for street crime because they usually have a high profile, and they often stand out in a crowd because of their manner of dress," said Mr. Haag. "Criminals look for people who seem preoccupied, so you want to project the fact that you're aware of what's going on around you, by walking comfortably and shifting your gaze to scan the area."



Pat McCreary (pointing, white shirt) tells embassy drivers how to search for car bombs.

Driver Waleed Ahmed searches vehicle for explosives. In background is Pat McCreary. Dave Haag is at right.



He also suggested moving at the same speed as other pedestrians; walking against traffic so vehicles won't come up behind you, where you can't see them; staying in the middle of sidewalks, and avoiding open doorways, where someone could grab you.

#### Surveillance

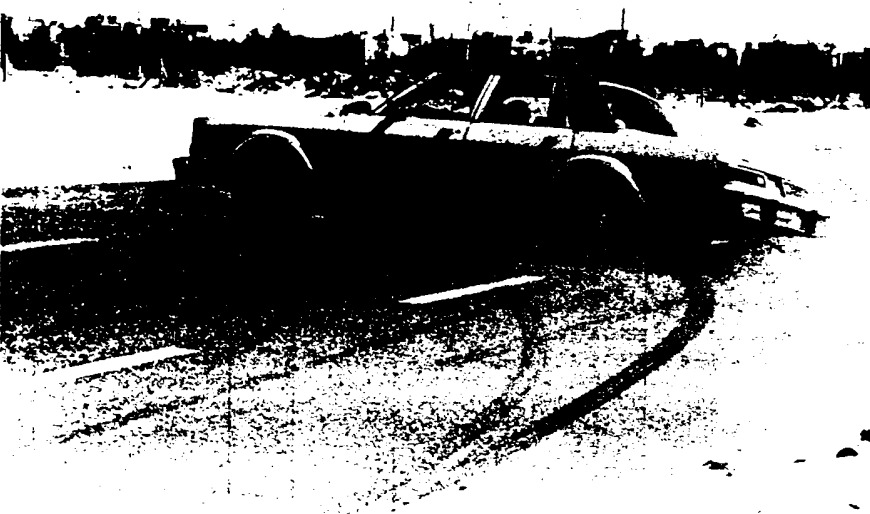
Surveillance was another area covered both in the personal protection class and in the team's antiterrorism lecture. And political officer Robert Laws thought this was an important subject. "A lot of people take the attitude 'If they're going to get you,

## TERRORISM



Secretaries Elena Robisch, left, Paula Yarbrough and Sonja Gullett, with arms in-

structors, John Todd, right and Alan Bigler, coordinator of the training teams.



Embassy drivers learn defensive driving techniques.

they're going to get you," he said. "But why make it easy for them? If you're alert to surveillance, you can nip problems in the bud."

Team leader Todd, who conducted the antiterrorism lecture, said, "Prior to a terrorist attack, there is detailed sur-

veillance and planning. So make a list of how terrorists can collect information on you, then think about how to deny them the information. For example, be careful of what you throw away in the trash. A letter from home can give a lot of information. If you spot

someone following you, make eye contact with him from a distance, to let him know that you're aware. But don't confront him. If you suspect that someone's following you in your vehicle, make a turn or slow down, then speed up and look for his reaction. Is he doing what you're doing?"

#### Explosives

Team member McCreary instructed employees on how to detect explosive devices. Most of his instruction was for local embassy guards who look for bombs in vehicles entering the compound. But he also gave American employees and their families an idea of how easily bombs can be produced, how they can be spotted and how you should react if you think you see one.

"When you walk up to your car, look, don't touch," he said. "Look for anything out of the ordinary. Look for fingermarks. Look for objects under the car. Look for stray electrical tape or pieces of wire or signs of forced entry. Look inside for objects that don't belong to you."

He recommended using gas-tank and exhaust filters to prevent people from inserting explosives. But most importantly, he said: "Don't touch a suspected bomb. If you think you see one, tell your security officer."

#### Marines, too

Several employees, including even the Marine guards, were given instruction on the use of handguns and shotguns. Marine security guard Greg Rowe said: "The team showed us a different technique than I was taught." Secretary Paula Yarbrough, who also attended the class, said: "It was helpful. I'd never fired a gun before. This is a skill that could help you wherever you might be."

State security officers assigned to the mobile training teams undergo nearly five months of training before they travel to posts. Two more teams are now in training. Plans for expanding further are being discussed.

Donna G. Gault ■